

**Epi Update for Friday, August 2, 2019**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

Items for this week's Epi Update include:

- **Cyclosporiasis reports continuing to increase in Iowa and nationally**
- **Summer influenza testing guidance: Confirm positives, watch for novel influenza**
- **In the news: Bangladesh reports more than 13,000 dengue cases in July**
- **In the news: People in the United States are misusing antibiotics, study says**
- **In the news: Where rabies is entrenched**
- **Infographic: Take action to prevent the spread of flu between pigs and people**

**Cyclosporiasis reports continuing to increase in Iowa and nationally**

Cyclosporiasis reports are increasing in Iowa, with 87 laboratory confirmed cases reported so far this year. Cases are also increasing nationally. One multistate outbreak of *Cyclospora* infections has been linked to imported fresh basil from Siga Logistics de RL de CV of Morelos, Mexico. Many cases of cyclosporiasis cannot be directly linked to an outbreak, in part because of the lack of validated molecular typing tools for *C. cayetanensis*.

Health care providers should consider cyclosporiasis in patients presenting with persistent watery diarrhea, loss of appetite, cramping, bloating, gas, nausea and fatigue. If untreated, symptoms can persist for several weeks to months. If cyclosporiasis is suspected, please collect a stool specimen and request *Cyclospora*-specific testing, either via acid-fast staining on an O&P or via PCR testing. Trimethoprim-sulfamethoxazole (TMP-SMX) is the preferred and most effective treatment for *Cyclospora* infection.

Laboratories, please send *Cyclospora*-positive specimens (including those tested via PCR) to SHL for further characterization. There is no fee for this additional characterization. Submitters will not receive a final report. Specimens may be submitted in Cary-Blair, Total-Fix, Proto-Fix, Eco-Fix or no preservative. Samples in formalin are not accepted. The preservative and diagnostic method used should be written on the submission form, available at [www.shl.uiowa.edu/news/files/sendingcyclosporashl.pdf](http://www.shl.uiowa.edu/news/files/sendingcyclosporashl.pdf).

For questions, contact IDPH's Center for Acute Disease Epidemiology at 800-362-2736.

For more information about cyclosporiasis, visit [www.cdc.gov/parasites/cyclosporiasis/](http://www.cdc.gov/parasites/cyclosporiasis/).

**Summer influenza testing guidance: Confirm positives, watch for novel influenza**

Influenza testing strategy changes during summer, when influenza is not typically circulating. When influenza prevalence is low, positive predictive value is therefore also low, especially for rapid tests. However, summer is often when sporadic cases of novel influenza occur, connected to animal exposures at agricultural fairs or during international travel.

Due to the increased likelihood of false positives and the potential for novel influenza, IDPH asks that providers continue testing patients who present with influenza-like illness during the summer, especially if they report exposure to pigs or poultry.

Laboratories, please send positive influenza specimens to SHL for confirmation and potential detection of novel viruses.

For more information about influenza testing at SHL, visit [www.shl.uiowa.edu/dcd/influenza/index.xml](http://www.shl.uiowa.edu/dcd/influenza/index.xml).

**In the news: Bangladesh reports more than 13,000 dengue cases in July**

[www.npr.org/2019/07/31/747012629/bangladesh-reports-more-than-13-000-dengue-cases-in-july](http://www.npr.org/2019/07/31/747012629/bangladesh-reports-more-than-13-000-dengue-cases-in-july)

**In the news: People in the United States are misusing antibiotics, study says**

[www.cnn.com/2019/07/25/health/antibiotics-unprescribed-study/index.html](http://www.cnn.com/2019/07/25/health/antibiotics-unprescribed-study/index.html)

**In the news: Where rabies is entrenched**

[www.nytimes.com/2019/07/22/science/rabies-dogs-global.html](http://www.nytimes.com/2019/07/22/science/rabies-dogs-global.html)

**Infographic: Take action to prevent the spread of flu between pigs and people**

**TAKE ACTION** to Prevent the Spread of Flu Between Pigs and People

**Background**

Pigs can be infected with their own influenza viruses (called swine influenza) that are usually different from human flu viruses. While rare, influenza can spread from pigs to people and from people to pigs. When people get swine flu viruses, it's usually after contact with pigs. This has happened in different settings, including fairs. The Centers for Disease Control and Prevention (CDC) recommends people take the following actions to help prevent the spread of flu between pigs and people.

**CDC Recommendations for People with High Risk Factors:**

- Anyone who is at high risk of serious flu complications ([http://www.cdc.gov/flu/about/disease/high\\_risk.html](http://www.cdc.gov/flu/about/disease/high_risk.html)) planning to attend a setting where pigs will be present should avoid pigs and swine barns.
- People who are at high risk of serious flu complications include children younger than 5 years, people 65 years and older, pregnant women, and people with certain long-term health conditions (like asthma and other lung disease, diabetes, heart disease, weakened immune systems, and neurological or neurodevelopmental conditions).

People with high risk factors who develop flu symptoms should call a health care provider. Tell them about your high risk factor and any exposure to pigs or swine barns you've had recently. Human seasonal flu vaccine will not protect against commonly circulating swine influenza viruses, but prescription influenza antiviral drugs can treat infections with these viruses in people.

National Center for Immunization and Respiratory Diseases  
Influenza Division

CDC

To view in full size, visit

[www.cfsph.iastate.edu/YouthInAg/Assets/prevent-spread-flu-pigs-at-fairs.pdf](http://www.cfsph.iastate.edu/YouthInAg/Assets/prevent-spread-flu-pigs-at-fairs.pdf).

**Have a healthy and happy week!**

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